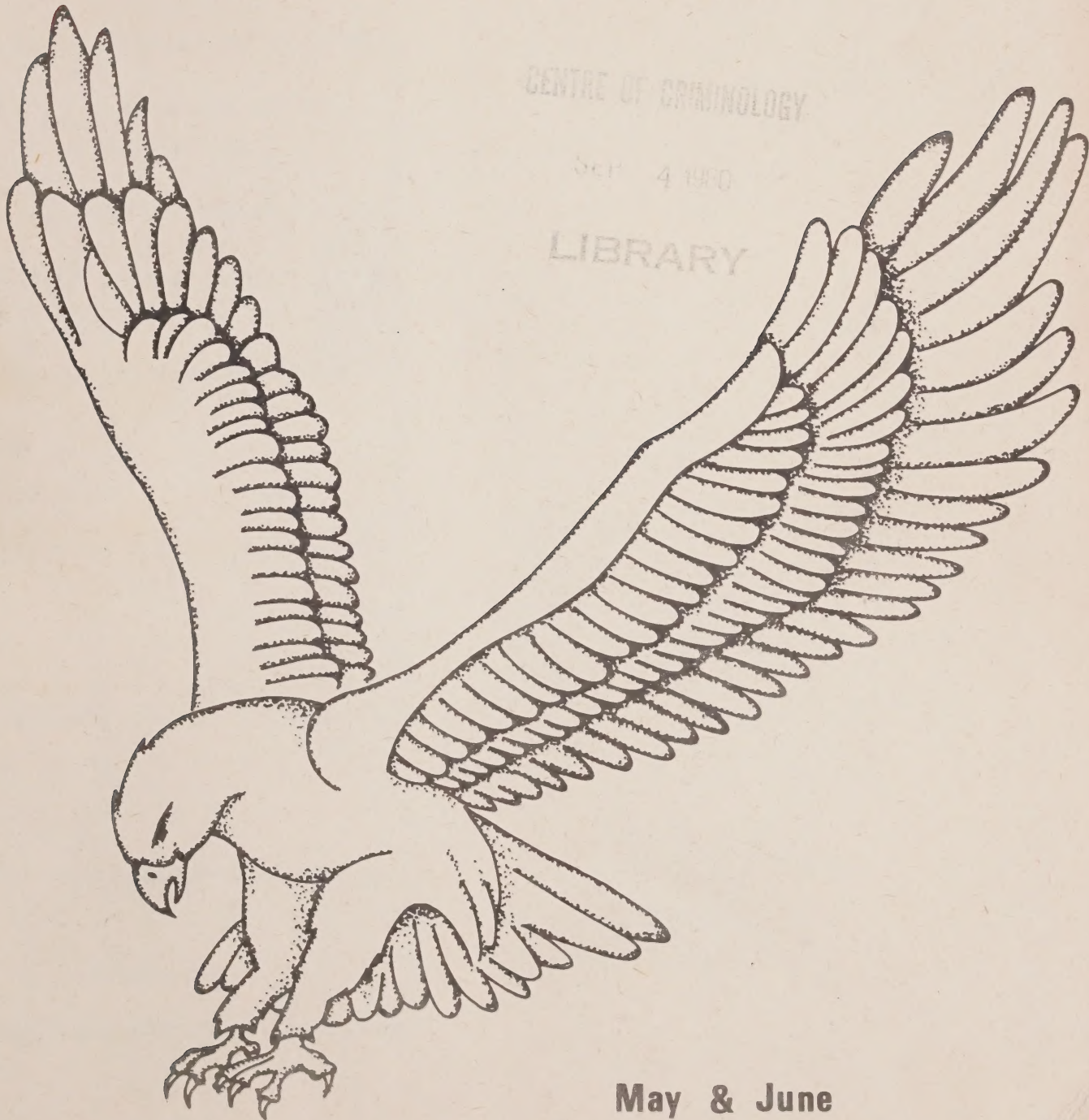


TARPAPER

75



May & June

1980



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A very special THANKS
to all who so generously
gave their time to get
this issue to press!

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T P A P E R R

The name "TARPAPER" is derived from convict jargon and is meant to express dissatisfaction with a person, place, or thing. Since the Editor has never met a satisfied convict it seems appropriate for this magazine to bear this title.

TARPAPER is published bi-monthly by the convicts of MATSQUI FEDERAL INSTITUTION. Only opinions expressed on the editorial pages are the opinions of the editorial staff. Other opinions are the view of the particular authors. The contents of the TARPAPER do not necessarily conform to the official views of either the Administration of Matsqui or the Solicitor General's Department.

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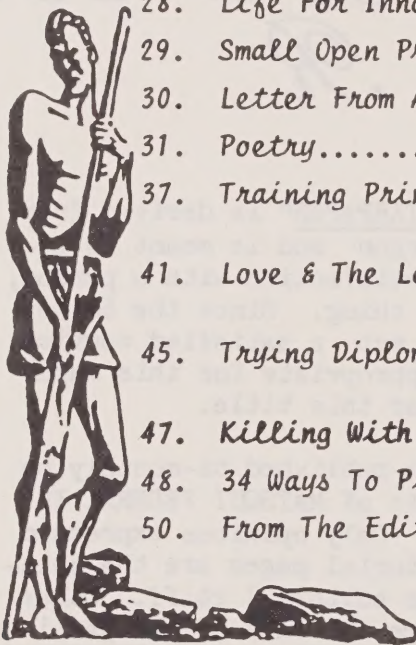
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The restrictions imposed, by the Administration, on the material printed in this publication are similar to those governing the editorial content and policy of any "free" publication. We are at liberty to deal with all topics of interest and concern to the imprisoned, providing we maintain a healthy respect for the truth, be guided by the dictates of common sense and avoid the pitfalls of making statements that can't be substantiated with concrete proof.

Permission to reprint any articles or excerpts of articles herein published is cordially granted providing proper credit is given as to the origin of material.

FROM the Editor's pen

AL ODA

As you are all aware, the previous Editor for Tarpaper Rick Rye, has gone to lesser security, William Head Institution. While Rick was here at Matsqui, he was also an active member of the Inmate Committee, so in losing Rick, we all lost out a little. We all wish Rick the very best, and hopefully a quick release by way of parole of course.

Rick took over the position of Editor for Tarpaper from me, as I went on the Recreation ation Crew for the summer, and went on the Inmate Committee in charge of Sports. Since then, I have taken on the job as the I.T.F. Clerk. This job entails the purchasing of all the sports wear - i.e. runners, training suits, etc. for the population. Interesting position, and gives one a fair amount of free time to do whatever.

I am still active on the Committee, and as we hold elections every six months, this new Committee went into office the 1st of January. My position on the new Committee is as President, so from time to time, I will be putting in a few articles regarding the Committee's activities. I'll also be letting you know what's been going on around this institution activity wise.

Matsqui Institution has been getting quite a bit of publicity lately through the News Media and through T.V. coverages. I would like to thank all these people for taking the time and interest to come into the Institution and giving us these coverages. Hopefully, through all the coverages people will become more aware of what PRISONS are all about. But more important, through the interviews etc. they will realize that we are not a bunch of wild animals, and that we are human beings.

Many people, after seeing film clips of this Institution and see that we have a lot of different facilities such as a gym, tennis courts, racquetball court, soccer field ball field, craftshop, University programs, etc. may get the notion that we have it pretty good in here. Don't let all of that fool you, because no prison is good or easy. All these things I've mentioned, we do have here, but they're all here for a reason. They are here for us to apply our pent up energies towards. If we didn't have any of these things we would in all probability become "stale" and "de-humanized". Being "LOCKED-UP" is a very frustrating experience. We release our frustrations and direct our energies toward sports, taking up some type of trade, or by going to school and by doing this, we in our own way, get away from this environment for that period of time. In other words, by playing tennis, racquetball, working, or going to school, for that length of time, we are not in prison. We or at least our minds are concentrated on what were doing at that time. This way, we stay fairly calm and stable. But more important, we keep our "IDENTITY".

The most unfortunate thing about being in prison is that you lose contact with a lot of people. Your so called friends have a tendency to forget all about you. I suppose this is one of the reasons why one becomes so bitter as time goes on.

Fortunately, there are people who do care, and who are willing to help. These people are responsible for taking away a lot of the hatred which slowly builds up inside a person while imprisoned. It takes a very special type of person to help others...especially PRISONERS. If there were such a thing as an Oscar or Grammy Award for helping others, these people deserve one for their contributions to us. But more so to Society, for if it were not for these people showing us that they do care, we would in all probability leave here full of hate. And one day, we will be back "outside".

To all of you who have helped us through your generous donations, and giving us your time and support, we commend you and thank-you. Through your help and belief that we are human beings, you have restored a lot of our faith in ourselves and people on the outside. Thank-you very much.

The following is the speech by Mr. **John Braithwaite** Deputy Commissioner, Communications The Correctional Services of Canada of the Conference on "MANAGING THE CRIMINAL JUSTICE SYSTEM" which was held at the Delta River Inn in Richmond, B.C., March 12, 1980.

I attended this conference, and was greatly impressed by Mr. Braithwaite as a speaker. After his speech I approached Mr. Braithwaite and asked if he would be so kind as to mail a copy of his speech to Tarpaper. He informed me that he would, and the following is his speech.

I wish to thank Mr. Braithwaite for taking the time to have his speech re-typed and mailing it to the Tarpaper. Ed.

SPEECH

BY

JOHN BRAITHWAITE

DEPUTY COMMISSIONER, COMMUNICATIONS

THE CORRECTIONAL SERVICE OF CANADA

AT THE

CONFERENCE ON "MANAGING THE CRIMINAL JUSTICE SYSTEM"

VANCOUVER, MARCH 12, 1980

MANAGING THE CRIMINAL JUSTICE SYSTEM
VANCOUVER, MARCH 12, 1980

Mr. Chairman, Fellow Pilgrims on the path to progress:

Alan, I wish to thank you for your extremely generous introduction which, while not entirely accurate, was touched by affection and was unduly complimentary.

I am indeed grateful that you did not refer to me as an expert nor, as has happened in the past, as a leading penologist - a quaint, provocative yet almost Victorian term that can create subsequent problems. Once, a slightly hard of hearing member of the audience wanted to know what a "leaning" penologist was. This embarrassment was capped only by that of a friend who commented, "A leading penologist, eh? All this time I thought you were just a social worker. I never realized you were a bloody medical specialist".

Since you have, in kindness and by compliment, embarrassed me, and at the risk of establishing a mutual admiration society - I would like to return the favour. In doing so I make no apology. The field of corrections is all too cannibalistic. We attend conferences in great numbers much as old ladies attend tea parties - so long as we are there they won't talk about us - or, if they do, they will resort to flattery, or at least use a and not a broad axe.

We seldom, in our field, pay sufficient attention and honour to those giants upon whose shoulders we stand. Ladies and gentlemen, in Alan McLeod, you behold a man who has made untold contributions not only to corrections but the total criminal justice system in Canada. During his active

career, he revised the Criminal Code; he brought the then Penitentiary Service, kicking and screaming into the 20th century; he established both the Parole Board and the Parole Service; and, he developed the first staff training college. He also initiated the first stable, continuing funding formula for private aftercare agencies. During our "High Noon" of conflict and controversy, we still walk in his shadow along a path that he pioneered.

It is ironic that this session, which is devoted to the future, is chaired by a man who has already made his mark, and perhaps this can be reconciled in the words of the philosopher, George Santayana, "We must welcome the future, remembering that soon it will be the past; and we must respect the past, knowing that once it was all that was humanly possible".

Friends and fellow workers, I would ask you to join with me in paying a well-deserved current tribute to a man who, in his time, did all that was humanly possible.

So that no one feels that I am attempting to raise Alan to the level of a deity, I now hasten to add two very brief antidotes to this tribute. The first is that it is well recognized that Alan, like Brendan Behan, is no stranger to life nor to the glass in his hand, and as one admirer of his capacity for work and related activities once said facetiously, paraphrasing the dying words of the American hero, Nathan Hale, "Alan regrets that he has but one liver to give to his country".

Alan has never sought praise nor accolades and, at times, he was not even given the respect that he deserved. One of my first encounters with him was when I was Warden at the then Haney Correctional Institution. He visited with Jim Stone and Jim McLaughlin, members of the Correctional

Planning Committee that charted the development of Federal corrections from 1959 until the early 1970's. Following the visit, we stopped at my home to pick up my wife for a social evening in Vancouver. As I held the car door, my wife stepped in and Alan, seated with his colleagues in the back seat, said, "Hello, I'm Alan McLeod from Ottawa". My wife, being a true Westerner and naturally reluctant to render unto Ottawa more than its due, duly retorted, "From the Rough Riders no doubt!"

I don't know why it is but every time I am asked to speak in B.C. I am cast in the role of a warlock, a soothsayer or a kind of nostalgic nostradamus expected to peer through the mists of time with unerring accuracy and describe the future. However, I am pleased to note that my expected range of vision seems to be growing shorter.

I have the same feelings about this topic as I did last year, when I recounted the story of the frequently married lady who, on her wedding night, stated, "I have a clear idea of what is expected of me but, somehow, I am not sure how to make it seem unique and exciting".

Before making predictions one must be aware of certain limitations and dangers. Greater men than I have approached this kind of exercise with trepidation. Albert Einstein is reported to have said, "I never think of the future, it comes soon enough". Winston Churchill sagely observed, "I always avoid prophesying beforehand because it is much better policy to prophesy after the event has already taken place". Perhaps our obsession with wanting to glimpse the future is related to the fact that, in conditions of great uncertainty, people tend to predict that events they want to happen, actually will happen.

Some of my predictions are based on current indicators. Others are wishes suffering from delusions of grandeur gilded into predictions. In the final analysis, there are few certainties about the future. One is that it lies ahead and the other is that the future is very much like the present, only longer.

One could add to these obvious observations the prediction, or the certainty, as you will, that there are no quick or immediate solutions in corrections that will dramatically emerge during the '80's. There is no quick panacea for our problems. While we go into the '80's saying, as the newly appointed Solicitor General, the Honourable Robert Kaplan stated, "Reform will be a high priority and an important issue for the 1980's". We will, doubtlessly, end the decade still calling for more progressive measures to deal with the problems of those in conflict with the law and our society.

The quest for the best will persist well beyond this decade. The pace of progress is what should concern us most, once we realize the obvious - that perfection is beyond our grasp. In this regard, we must reflect on the nature of our society and its ability to respond to social problems. It has been said that Canada is somewhat like vichysoise, it is cold, it is thick, it is part French and it is, at times, extremely difficult to stir. Our role in corrections is twofold. To create a stirring, or catalytic, effect within our total society and to respond in a responsible concerned manner.

We should, in the field of corrections, increasingly avoid the greatest mistake of the past which resulted in our being hoisted on our own promises and propaganda. Committing ourselves to deliver more than we possibly could and failing to recognize that most of the forces which generate and maintain crime are well beyond the reach of corrections.

As one observer said "The answer to the crime problem lies not in cops, courts or confinement, ultimately, the answer resides in the community".

In this regard, I predict that the '80's will be the era of confession that corrections cannot work wonders, cannot, in the words of a former Chairman of the Parole Board, Judge T.G. Street, "convert jailbirds into nightingales". Clarification in the sense of openly stating precisely what corrections can do - thus permitting society and its citizens to better demand and direct more potentially positive endeavours.

It must be recognized that we are talking about a major and growing public investment when we talk about corrections. For example, in the United States in 1978, 24 billion dollars were expended on criminal justice activities. Almost one quarter of this, 5.5 billion, was for corrections. In Canada, the costs are equally significant, if not staggering. How many Canadians realize that in 1977, 3 billion tax dollars were devoted to the administration of justice. How many realize that they paid the salaries of almost 100,000 public servants and, if these facts are realized, I wonder how many would be satisfied with the results. Out of every taxpayer's dollar for criminal justice, law enforcement consumed 64¢ and corrections took up 30¢. The federal and provincial correctional services spent over 550 million dollars on adult correctional services in 1977. The cost of keeping a federal inmate in maximum security for one year at present is \$29,000.

The future, in terms of cost, does not fill one with optimism. A study, reported in the American Journal of Criminal Law (Austin, Texas (7(i)pp. 47-66) 1979 Harvey J. Setler) indicates that, at the present time in the United States, it costs \$25,000 per year for the average inmate. And this will rise to \$150,000 per inmate by the end of the century. Obviously, neither we, nor our affluent American

American colleagues, can afford to continue the conspicuous waste or luxury of incarceration on our current scale of about 90 inmates per 100,000, sixth in the western world, behind the United States, United Kingdom, Australia, Norway, Poland and New Zealand.

In terms of clarifying our role to the Canadian public, we will have to admit that the purpose of institutions, the purpose of probation and other sanctions, is to apply a form of punishment and provide a degree of protection to the majority of citizens. It is not primarily to rehabilitate; it is not to provide mental health programs; it is not to provide academic or vocational education - all of these endeavours are better met within the community. This is not to suggest that programs of counselling, education and recreation should not exist within corrections - not at all - but it does mean that they will not exist as primary goals of the system.

The '80's will see a concerted movement towards reserving incarceration primarily, if not exclusively, for the violent offender who has posed and continues to pose, a direct threat to life and limb. I am aware that the Law Reform Commission has made a case for sentences of a denunciatory nature. Perhaps the 1980's will see us moving towards a consideration of other more obvious and more dramatic means of denunciation than seclusion in a concrete castle of confinement.

Concepts such as public confessions, acts of contrition and even something akin to poster campaigns, are not beyond the realm of possibility in this regard. We are on the edge of an era which will be characterized by decreased public tolerance for predatory crime, especially crimes of violence and, at the same time, increased tolerance of vast

differences in individual lifestyles. This phenomena, coupled with a significant decrease in the proportion of the population in the 18-25 year old category and a corresponding decrease in concepts of alternatives to imprisonment and diversion, will result in a prison population that is relatively stable and one that will avoid the dramatic increases of the 1970's.

In terms of increased tolerance for individual lifestyles, it could be predicted that further attention will be focussed on decriminalization of certain offences, including soliciting, consensual acts, obscenity and cannabis. Focussing specifically on the effects of removing incarceration as a sanction for certain cannabis offences, there could be a significant impact on prisoner statistics. During the '70's more than a quarter of a million cannabis charges were laid and, in 1977, 34,000 convictions were registered for simple possession. In 1977, 1,300 prison sentences were given out for cannabis related offences. It is estimated that nearly 3,000 people were serving time in prison in 1977 as a consequence of simple possession - either directly, or as a result of default in payment of fines. In 1979, over 1,000 federal inmates were serving sentences for offences against the Narcotics Control Act and the Food and Drug Act. Of these, only 173 were serving seven-year minimum sentences for importation and trafficking.

You cannot legislate morality and, undoubtedly, these types of offences and their attendant sanctions will be reviewed and revised in the 1980's.

There will be increased progress on sentencing alternatives, such as community service orders, restitution and fine option programs to deal with intoxicated persons and those in prisons for property offences.

At the present time, around 80% of those admitted to provincial penal institutions are sentenced to terms of

less than 180 days or six months. A significant proportion of provincial prison admissions, varying from 10% in Ontario to 40% in Nova Scotia, result from default of payment of fines. It is obvious that increased attention and action in these areas could greatly reduce the number of our citizens under confinement. There will also be growing recognition that all too many accused are held in remand awaiting trial who could, without threat of failure to appear or danger to the public, be placed on bail. Bail supervision programs will be dramatically increased in the light of the fact that, in some jurisdictions such as Ontario, remand prisoners make up from 40% - 50% of the inmate population. Yet only about 6%, based on 1975 statistics, of released persons failed to appear for trial. Thus, the growing realization that we are using remand incarceration as a form of conspicuous waste.

In all of this, it is necessary to reiterate that the 1980's will not see the end of prisons or penitentiaries as the ultimate sanction of our society. Alternatives to imprisonment and diversion programs are dependent on some form of final back-up sanction and that will remain incarceration. In the pursuit of alternatives to imprisonment, it is necessary to utter one word of caution. These endeavours should be applied to those who would today be sentenced to imprisonment. There is before us the lesson of the English Criminal Justice Act of 1967 which was passed in part with the intention and belief that suspended sentences would help lower the prison population (and this alternative was made available to judges explicitly for this purpose.) However, the unintended consequences were not as predicted. One of the results was that judges started using this sentencing device for offenders who would otherwise have been fined or discharged by the court. Then offenders defaulted in meeting the conditions of the suspended

sentence and were imprisoned. Instead of alleviating overcrowding, the suspended sentence inadvertently aggravated the situation by actually increasing the number of persons sent to the "Nick" prison.

In pursuing alternatives to incarceration, there is a major pitfall that must be studiously avoided and one which I fear is already being manifest. I refer to the heaping of additional responsibilities on probation staff without appropriate increases in resources. The credibility of probation and other supervised programs is endangered both as a sanction and as a supportive resource to the offender. The end result could all too easily create a disenchantment and severe reaction against community-based programs in general. Great caution and care should be exercised to see that, with increased workloads, there is increased resources.

I have made reference to the ultimate sanction of our society as being incarceration. This naturally leads to the prediction that we will not return to capital punishment despite the cries of some of our more hawkish commentators. But this does raise the question of the current sanctions for convicted murderers. Increasingly, there will be a recognition that the mandatory 15-25 year sentences for murder may well endanger the lives of citizens rather than protect them and may well do more damage to society than sentences which involve increased and earlier eligibility for parole. There is ample evidence to demonstrate that the majority of murderers are first offenders; that the majority of murderers are not professional contract killers; and, that mandatory confinement without benefit of parole endangers staff who must work with the incarcerated offender.

Concepts of hope, redemption and return must be preserved for the convicted murderer. The best - the only way to do this is to reduce the length of mandatory servitude for homicide.

We may also experience a dramatic change in the conditions of confinement for murderers and other relatively benign inmates. The use of incarceration as an ultimate sanction does not mean that prison or penitentiary must be a completely regimented and artificial environment. I predict that, while in 1980 we are talking about alternatives to prison, in 1990 we may well be struggling with a definition of where the community ends and the prison begins. What is today's community correctional centre or community residential centre - what is today's minimum security camp - may well approximate the prison of tomorrow. If we are talking about degrees of deprivation of liberty, if we believe that individuals come to prison AS punishment, not FOR punishment, then one can look towards a more normal environment within the confines of incarceration. To this concept, I add the somewhat bold prediction that Canada will move towards the creation of correctional communities in which families will live with the long-term offender and carry on a relatively normal existence. Canada has considerable opportunities in view of the fact that there are many relatively inaccessible areas of our country which are not remote. Anyone who doubts that fact need only venture a few miles from this luxurious site. In such a setting, offenders could establish a community; develop work of interest and value to the total society; and, live with a degree of dignity and utility to the greater community. (The question will arise as to the effect on children of the offender. I submit that the decision should rest, as it does in the normal community, with the parents until the child is of an age to exercise his or her will, and this is an age which, realistic parents will agree, is well below that of the legally defined age that confers adult privileges and responsibilities on the child.)

Somewhat related to this concept, I wish to reiterate the prediction I made last year that the establishment of co-correctional or co-educational institutions represents a growing possibility, especially since we will probably face increased incidence of convicted female offenders. Why it is that mental hospitals, medical hospitals and other institutions can operate on a co-educational basis and correctional institutions are excluded from this, escapes my imagination or reasons. I almost have the feeling at times that we reject such a concept because we desire more punishment - because punishment is so satisfying to our self-righteousness and because heterosexual relationships are perhaps much too good for the criminal class.

The same spectre looms large when one refers to the advent of private family visiting. What is being discussed and what is coming is not sexual orgies, nor is it an invitation to promiscuity. We are only talking about relationships with recognized spouses for those offenders who are not permitted by law to take advantage of temporary absence or day parole. This is a far cry from what some of the media comments would suggest with the mention of conjugal visits. But even with this highly coloured reporting there has been surprisingly little negative response to the proposal. There is a basic grudging realization that sex exists - even in prison - the only question is whether or not it will be normal and natural.

The suggestion that those who are not eligible for temporary release to the community have access to this type of program will force a basic issue. Either the opportunity for private family visiting similar to the program established in Saskatchewan in the early '70's will come or we will have earlier eligibility for parole - especially for those serving mandatory sentences and, specifically, murderers.

Perhaps reluctance in this area relates to our inability to accept the concept of the inmate being in prison AS punishment not FOR punishment. This is also related to the consideration of inmate rights. The United Nations Standard Minimum Rules, as well as documents such as The International Covenant on Civil and Political Rights, bear on this issue. The 1980's will commence with a very definite spotlight being focussed on inmate rights as a result of the Sixth United Nations Congress in Caracas. Canada's delegation at the previous Congress adopted the position that a prisoner retains all rights of a citizen except those expressly taken away by law or by the necessary implication of his imprisonment and security requirements. However, this is not a position that most people in Canada currently accept. Indeed, there are some who would go so far as to argue that prisoners deserve no rights whatsoever as a consequence of their offences. Nevertheless, Canada will achieve the objective expressed in that United Nations Agreement or Accord.

It seem paradoxical that, not only do we have a reluctance to consider the possibility of normal sexual relationships between consenting husbands and wives, but we also would seem, on the basis of current practice, reluctant to provide certain other very basic opportunities such as the opportunity or right to work. The stereotyped image of the inmate is frequently that he is too lazy or indolent to work. The Standard Minimum Rules require that sufficient work of a useful nature shall be provided to keep the sentenced prionsers actively employment for a normal working day.

Despite continuing efforts to provide more work opportunities, it is safe to say that if every inmate in a

Canadian prison or penitentiary was to demand work tomorrow, the administration would be hard-pressed to find healthy, productive, paid employment for them. We must do better. As Voltaire once said, "Man is born for action ... not to be employed and not to exist are one and the same thing with regard to man."

The pressure of public opinion, the increased cost of incarceration and the commitment of Canada to the United Nations Rules will force us to find appropriate employment for offenders. This cannot be achieved by the efforts of correctional administrators alone. As I said a year ago, it will require the imaginative initiative and commitment of organized labour and private enterprise. But think of the benefits. Surely an inmate should be considered part of Canada's work force. Surely if he works he should be paid for it. If he is paid for it, he should assume his normal responsibilities as a citizen for the maintenance of himself and his family. That possibility opens up another area that will be given serious consideration in the 80's.

I refer to the concepts of community service orders and victim restitution. If these have applicability for offenders who do not require institutions, then why can they not be applied once the offender has become an inmate. If employment and wages are available, why should we not encourage him to contribute to specific restitution or to a general victim restitution fund with the incentive of bringing forward his parole eligibility date.

This would have, of course, the added advantage of increasing the numbers released from our institutions, and, at the same time, lessen the total social cost. It is, in effect, a social policy offer that we cannot refuse.

In relation to the United Nations Standard Minimum Rules, once Canada gets over the initial shock that these are not merely designed for third world emerging

nations, but present a real challenge to so-called Western enlightened countries, renewed efforts at implementation will result in the achievement of this goal. At the same time, we will pursue the development of unique Canadian standards for corrections and this is not just a mere prediction - this is an endeavour that is currently an activity and a subject for discussion in this Conference this evening. Let us just say at this time, however, that Canadian efforts will shift from either an evaluation by standards that we make for our own limited jurisdictions - a kind of "mirror, mirror on the wall, what is the best correctional system of them all" approach, on the one hand, or, on the other hand, a complete application of "made in the United States" standards, we will have an adaptation of the best standards in existence, primarily the American standards, by Canadians to our special Canadian milieu. The advantage of this endeavour will be a much clearer definition to the Canadian public of what our performance really is and an appreciation of where specific shortfalls may lie.

A unique feature of Canada is the continuous debate over federal or provincial responsibility. Corrections as we all know, has not escaped such esoteric discussions. And indeed, I have been accused of promoting the concept of private family visiting, or conjugal visiting, in order to ensure that offenders at the point of sentencing will request to serve their time in a federal institution (or fleshpot, as some may say).

Now we have a new entry into the federal/provincial Derby or Correctional Futurity - the Canadian Association for the Prevention of Crime, taking up the cause of the private agencies who, for years, have existed on leftovers from federal

and provincial correctional tables, have now issued the challenge that all adult correctional programs in the community should become the prerogative of the voluntary sector and that voluntary agencies be given the legal authority needed to carry out this responsibility. This would cover conciliation and diversion services, probation, parole and community residential centres. They have even suggested that the private sector be involved in all ways feasible in service delivery in adult institutions. The concept of "privatization" - an ugly word to convey a good concept - will be carried into the institutional sphere.

This dynamic, even dramatic, proposal or challenge will not be accepted. There is just too great a public investment and involvement in community programs for the recommendation to be implemented. However, I predict that the private sector will and, indeed, has in some jurisdictions, received greater numbers of clients as a result of this challenge.

One other related aspect of this discussion is that of the native offender. For years we have been attempting to solve what we have defined as the problem of the native offender. When the white man came, the natives had the land and the white man had the bible. Now it would seem as though the natives have the prison and the white man has the land and the bible suffers from neglect.

Fortunately, there is a resurgence of concern in the native community for their disproportionate numbers in institutions. These numbers will drop, partly as a result of the general stabilization of prison population, partly because of alternatives, but mostly because the native community will exercise greater initiative. An example of this is in Alberta where the percentage of native offenders

in provincial institutions has dropped over the past five years from close to 40% to something like 14%. Part of this effort is reflected in the Native Counselling Services of Alberta operating two correctional camps staffed with their own people, working under contract with the Solicitor General's Department of that province. These types of initiatives will be seen much more frequently throughout the Canadian West.

Before moving to the function of parole in the '80's - do I dare make a prediction regarding the fate of the Federal Prison for Women? - I thought of playing Johnny Carson. You know the exercise where he discerns the answer to a yet unstated question - it would go something like this: "The New Messiah" - he would then open the envelope containing the question and read: "Anyone who can close the Prison for Women according to a plan that will satisfy the provinces, the Elizabeth Fry Societies, the female inmates the friends and relatives of female inmates, the staff involved and even the Commissioner of Corrections!"

Actually, the solution has been partially achieved. The Atlantic, Quebec and Ontario regions are in accord with existing proposals. The dilemma or dispute is in the West, and this is usually where we find the initiative and solutions. However, the Western progressive trend will prevail and a solution will emerge that will accommodate the differing needs of B.C. and the Prairies but will afford a total national solution. B.C. may require some shared cost construction. Alberta and Saskatchewan may participate in a co-correctional unit and Manitoba may find itself in a somewhat schizophrenic state of choosing between the Alberta based facility or possible transfer to Ontario for those that cannot be accommodated within provincial facilities in Manitoba.

Unfortunately, my crystal ball clouds - I see the Prison for Women closing, but I cannot discern the specific new alternative. The Prison for Women must close because political pressures and feminist pressures will insist that it does. As time passes, any obstruction or delay will come to experience that Hell hath no fury than that heaped on he that scorns a viable solution. The Prison for Women is a symbol - an emotional symbol - a philosophical and political symbol - and the problem must and will be resolved.

We have now touched upon all correctional aspects save that of parole. Parole is now represented in Canada by four Parole Boards, a considerable and positive increase and a clear indication that we are not about to abolish parole as some of our American colleagues have. However, the Parole Boards in Quebec and B.C. are relatively new in relation to their current mandates and, therefore, I will focus primarily on the National Parole Board.

It is known at the present time, that the percentage of parole granted in relation to applications has dropped markedly from a high of 67% in 1970 to the current 38%. This calls for a significant review of parole eligibility and parole granting practices. If we were to go back to the 1970 high of 67% granting of paroles, it is estimated that this would result in an immediate decrease in the penitentiary population of 8% or about 800 inmates. This seeming reluctance to grant parole is not entirely the responsibility of the National Parole Board. Part of the responsibility must rest with the Correctional Service itself. Greater effort must be made to move offenders down to the level of security that they require and is most appropriate for them. Also, efforts must be made to do the necessary case preparation or paperwork to present a strong

case to the Parole Board. When this is done the results are extremely rewarding. One example is that the Correctional Service of Canada identified 122 offenders, aged 60 or over. Special attention was given to this group in terms of parole preparation. As a result, within four months over 40%, or fifty of the group had been released on parole. It is predicted that similar results could occur from equal application to other select groups.

Again, in relation to parole, there will be proposals, including those that are currently voiced, for the abolition of mandatory supervision. Despite the unrestrained joy that such abolition would bring to an unholy alliance of offender and parole officer alike, this will not happen, because - while the public is prepared to have offenders serve part of their sentence in the community under supervision, they are not about to buy the combined package of early release without recourse of springing people without supervision.

Naturally, it follows that, if the Parole Board is to grant additional paroles, there must be not just better preparation of the paperwork and the individual represented by the paperwork, but also increased resources in the community. It is very safe to predict that community correctional centres and community residential centres will continue to expand. I feel equally safe in suggesting that some of these will begin to take on more and more difficult offenders to assist in their return to the community providing that they have the legal authority to supervise and to revoke parole. We will therefore see part of the CAPC prediction come true, in the sense that there will be an increased movement into dealing with the

more institutionalized type of offender by the private agency in settings that approximate what we now refer to as institutions.

The pressure for abolishment of all prisons will continue to grow but will not be realized. Lest there are sceptics in the audience, I would like to call on the departed Robert Martinson, the one-time prophet of doom for the field of corrections when he was with us on this earth. The author of the "nothing works" philosophy, which he recanted just before his death - he stated, "The long history of prison reform is over. They cannot be reformed and must gradually ^{be} torn down, but we must give up the comforting myth that the remaining facilities (and they will be prisons) can be changed into hospitals. Prisons will be small and humane. Anything less is treason to the human spirit". But they will be prisons in the sense that freedom of movement is curtailed and supervised and prisons will take the form which we do not now recognize. Prisons will be more humane, but less used. The Correctional Service of Canada, partly in recognition of this fact and partly as a result of rising costs of incarceration, will follow a moratorium on the creation of additional cell accommodation. Old facilities may be replaced by newer ones, such as the hoped for historical closing of B.C. Penitentiary coupled with the opening of Kent and Edmonton Institutions.

But the overall effect will not be a net increase in cell accommodation. There will be a population shift from the provincial sphere to the federal sphere because only The Correctional Service of Canada will maintain accommodation with sufficient security to handle the most difficult of offenders. Those of you who have managed to stay awake throughout this discourse will notice that there is no tinkering with one element of the system that does not have

an effect, indeed sometimes an adverse effect, on another element. Even something as seemingly promising as diversion opportunities may result in keeping a hold on people longer than previously, and, in effect, gathering more "fish" into our institutional nets. There are no simple panaceas.

Regardless of what efforts are made in this new decade, we must keep in mind the simple truth of the statement contained in a bit of prison graffiti outside the Chapel in Kingston Penitentiary: "For every complex problem there is a simple solution - usually the wrong one".

There are no simple solutions. But there will be vastly increased burdens and increasingly complex burdens placed on all correctional staff as the 80's unfold. Institutional workers will have more difficult, determined delinquents with whom to deal and staff will need greater sophistication to handle a greater variety of programs, and more difficult offenders than ever encountered before. (They have already had a taste of the problems associated with mandatory supervision and they know full well that increasing challenges lie before them.

It should not be considered unusual that growing ranks of correctional workers may well feel that, as one expressed it, "We the willing, led by the unknowing, are doing the impossible for the ungrateful, We have done so much for so long, with so little, we are now qualified to do anything with nothing". I hope that a definite reality not just a prediction for the '80's will be increased remuneration, respect and recognition to all of those who face the challenge of protecting society and helping the offender. They are not too lazy to work and too stupid to steal. Despite being defecated on by both hawks and doves - they do their duty with a diligence and devotion that deserves not derision but deference - not acrimony but accolades.

Whether we are correctional workers, whether we are offenders desirous of becoming responsible citizens, whether we are citizens concerned with our correctional programs, whether we are advocates for a new system or order, the one thing we have in common is a vision of a better way.

All our efforts are devoted to what we consider to be progress. There is no doubt in my mind that we have more in common than we have apart. Some of our own personal hopes will come true but those in which we share a common accord, have a far greater opportunity of becoming reality. Regardless of our position, the most important thing is that we maintain an active interest. It has been said that general correctional progress is hampered by the four horsemen of political inaction, ignorance, cost and apathy. I submit that, in Canada, there is political concern. I submit there is more awareness than we realize and reflecting on the figures cited at the outset, cost is not a significant factor. That leaves us with apathy and the strong admonition to get off our apathy and do something constructive.

As to a guiding philosophy for the '80's - the cynics could say, in the words of the Western song, that "There are only four things in life that mean a continental damn - faster horses, older whiskey, younger women, more money". I submit, and I know you share the view, that we must respond to a higher concept. Perhaps the admonition expressed in the Book of Proverbs, Chapter 31, Verse 9, would be more appropriate: "Speak out, judge righteously and maintain the rights of the poor and needy", because, as you well know, they are our practitioners, inmates, parolees and fellow citizens.

HELP! we need - it.

SEND A SUBSCRIPTION OF TARPAPER TO YOUR FRIENDS OR RELATIVES FOR CHRISTMAS,
AS IT MAY COME IN HANDY SOMETIME, THE PAPER FITS BIRD CAGES AND KITTY
LITTER BOXES JUST PERFECTLY, IT IS ALSO VERY EFFECTIVE FOR PAPER
TRAINING PUPPIES.



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Parole

In the last twenty years, much literature and discussion in the field of corrections has been focused on the re-integration of the offender into the community. Although the traditional objective of punishment as a deterrent is still a dominant consideration, attention is being directed at alternatives to incarceration. Parole is one of these alternatives allowing carefully selected offenders to serve -- under specific conditions -- a part of their sentence in the community.

ORIGIN OF PAROLE

Although the term "parole" was not used until 1846, the concept of conditional release reaches much further back, traceable to the original system of conditional pardons, clemency indenture, transportation of criminals and Ticket-Of-Leave.

The Order of the English Privy Council of 1617 made it government policy to transport convicts overseas. Soon, these convicts were being sent to the new world as indentured servants. After serving their time or purchasing their freedom, many of these convicts became the settlers whose branches spread into our present civilization.

With the advent of the Revolutionary War, England sent convicts to New South Wales in Australia where the Governor was given the power of conditional pardon which developed into the Ticket-Of-Leave system.

This Ticket-Of-Leave system is the root of the "good-time" or remission principle. It was the last step of a graded system through which convicts had the opportunity to progress. Progress was measured by "marks" earned through good conduct and labour. The steps were:

- (1) strict imprisonment,
- (2) work on chain gangs,
- (3) periods of partial freedom,
- (4) Ticket-Of-Leave, during which the convict was required to report to the local constabulary and conform to a series of rules.

Those persons familiar with the present parole system will note certain parallels between the Ticket-Of-Leave system and the contemporary parole system.

PAROLE IN CANADA

Parole in Canada is identified with "An Act to Provide for the Conditional Liberation of Convicts" passed by Parliament in 1899. Prior to 1899, prisoners were released from custody by Order of the Governor General upon the advice of a Minister of the Crown as an expression of the Royal Prerogative to Mercy. These releases were unconditional and approved mainly on the basis of humanitarian considerations.

Under the terms of the new Act, the Governor General could grant a conditional release. This conditional liberation was seen as a method of bridging the gap between the community life and restraints of institutional life and the freedom and responsibility of community life.

The administration of the Act was the responsibility of officers of the Department of Justice who constituted a section of the Department known as the Remission Service.

The depression years were characterized by an increase in the number of Ticket-Of-Leave to join the Armed Forces or to accept employment in war industry through what was known as the "Special War Purposes Ticket-Of-Leave".

During the post-war years, considerable expansion of social services took place. In the field of corrections, the Salvation Army expanded and developed their services and the John Howard and Elizabeth Fry Societies and other agencies became involved in parole supervision. The increasing availability of such services underlined the importance of making the supervision of parolees an integral part of the Ticket-Of-Leave system itself, and thus a part of the conditional release of all persons on parole.

In 1953 the Minister of Justice appointed a Committee of Inquiry into the Remission Service. The Committee's report, which became known as the Fauteux Report, recommended the enactment of legislation to create a National Parole Board.

On February 15, 1959, the Parole Act was proclaimed, transferring the authority to grant conditional release to an independent Board with Members appointed by the Governor in Council.

The 1950's in Canada were characterized by the emergence of a number of new penological systems focussing on the provision of services outside of or as alternatives to imprisonment. Two of these systems, probation and parole, grew into substantial services during the early 1960's. "Corrections" became professionalized, drawing its staff from graduates in criminology and social work, as well as from other related disciplines.

The early enthusiastic and unrealistic expectations of these and other correctional programmes have not been realized; in effect they have not proven to be the answer to the crime problem. However they have contributed to the creation of a penal system which is less severe in its impact on the minor or accidental offender, and which is more humane and equitable in its administration.

* * * *

REPORT OF THE COURT LIAISON COMMITTEE

by

CLAYTON C. RUBY, CHAIRMAN

Part I - Eligibility of Inmates for Parole Pending Appeals or Outstanding Charges

Some time ago the Chairman of your Committee undertook correspondence with the Solicitor-General of Canada and the Chairman and Vice-Chairman of the National Parole Board concerning a policy which all our members are familiar with, namely, that while an appeal is pending against a conviction or a sentence or there are outstanding charges in existence, the National Parole Board will not grant parole or day parole or temporary absence.

As a result of our submissions, the Executive Committee of the Parole Board of Canada has reviewed its policy in this matter and has decided to do away with that policy. Accordingly, as a result of the submissions of our Association, persons will now be eligible for all action by the National Parole Board whether or not they have appeals pending or charges outstanding.

Our members should note, however, that the policy on "reserved decisions" continues to apply to all cases where further investigations or reports are considered necessary before a final decision is rendered. In cases of appeals pending and in the case of outstanding charges, this may result in some delay (the maximum is up to four months) while enquiries are made to determine whether or not the appeal or the outstanding charges are such that it would not be advisable to permit action by the Parole Board in the particular case. But there is no longer a complete bar and the policy is now a rational one with which we are well satisfied. All our members should be aware of this policy so that they can advise their clients accordingly.

* * * *

Life For Innocent Man

THE LAW MAY OR

may not be an ass, but it clearly never has the wit or grace to voluntarily review its own work. It always has to be forced.

A good case in point right now is the case of Brian John Boyko, 25, who pleaded Not Guilty in B.C. Supreme Court on November 8, 1974, but was nevertheless convicted of the murder of Joseph Kallin, 23, and sentenced to life imprisonment...20 years in custody before being eligible for parole.

Boyko appealed his conviction on November 25, 1975, but his appeal was dismissed by the B.C. Court of Appeal.

LESS THAN A MONTH

later, on December 16, 1975, Richard Schiere, 26, was charged with the same murder, pleaded Not Guilty in B.C. Supreme Court, but was convicted and sentenced to life imprisonment...14 years in custody before being eligible for parole.

Schiere appealed his conviction, but for an ironic reason. He wanted to get before the judges again in order to confess to the murder of Kallin and plead for Boyko's release.

Here is a quote from Schiere's statement in B.C. Court of Appeal on March 4, 1977...

"The reason I am here....I would just like to make a statement as to my involvement in this crime....I am guilty...Boyko did not commit the murder. It was me, along with somebody else...

"I realize that I come here under a false pretence saying that I wanted to argue my own appeal, but I had to do that to be heard by somebody...when I went to trial....I told the police that Boyko was not guilty of this murder, but that never came out at my trial....as a matter of fact, a police officer, when he testified against me, said I (had) said that Boyko was guilty....and that Boyko used me as a pawn, which was an out and out lie."

TWO YEARS LATER, ON

February 22, 1979, Richard Schiere, escaped from custody at B.C. Penitentiary but was soon apprehended because, he says his whole purpose was to get before another judge to repeat his plea for Boyko's innocence, for it had so far had no effect.

On March 28, 1979, in B.C. Provincial Court, he was able to make the following statement...

"I would like to bring to the court's attention that my reason for escape was that in late 1974 there was a man (Boyko) convicted and sentenced to life imprisonment for a murder (which) was the same murder that I was convicted for a year later...and that he, in fact, had nothing to do with it...

"I have approached him (Boyko) about an escape on numerous occasions but he's always told me he still has faith in the courts and he's still waiting for this...

"I'm responsible for a man being in jail who in fact had nothing to do with the murder....through his friendship and trust in me I used him as bait to bring two people into the lane....(when) me and another person killed one man and wounded the other...who lived to testify that Boyko did not do any shooting."

Schiere's statement, once more, had no visible or practical effect on The Law.

BUT NOW, THE PRISONERS'

Rights Group is seeking a new trial for Boyko under Section 617 of the Criminal Code of Canada.

They have petitioned Hon. Jean Chretien, the federal minister of justice, and seek the support of other citizens by asking them to write to Chretien.

According to Chester Bridal, Brian Boyko's attorney, it is now reasonable to expect that, in a new trial, one of the Crown's previous witnesses against Boyko would not testify again.

As well, Bridal says that the Crown's second witness in the Boyko trial of 1974 would now be seriously impeached by virtue of statements made to a third party concerning his evidence.

The self-confessed murderer's diligence in trying to get a new deal for his friend has a certain pathos that may be lost on the judicial process but cannot be lost on the citizen observer, who might see it as reason enough to look again at this case. I know I do.

This article is a reprint from the
"VANCOUVER FREE PRESS" (April 1980)
by Ben Metcalfe. Ed.

Small Open Prisons Swedens Answer

It's not difficult to imagine what the average Canadian would say about a prison system that has 2,500 escapes a year. Yet, says Claus Amilon, Deputy Commissioner on Inmate Programs and Security for the Swedish penal system, no great public outcry is heard over either the escapes or the 4,000 annual failures to return from "home leave". The maximum penalty for escape is only an additional ten days sentence.

Mr. Amilon told Liaison during a recent visit with Canadian corrections officials that Sweden's relaxed approach to security is indicative of its dramatically different attitude towards the incarcerated. Amilon sees it as a welfare-oriented approach -- one that many criminologists feel is more realistic and progressive than ours and should be emulated in North America.

In contrast to the security-conscious fortresses common to North America, almost all of Sweden's 72 institutions house no more than 40 inmates each. Swedes consider it essential that they be closely in touch with the community.

Four larger maximum security institutions hold violent offenders, habitual criminals convicted of serious crimes and international drug dealers, who are held in particularly low esteem in Sweden.

The laid back approach to incarceration and their policy of short prison sentences doesn't mean Swedish courts and police are lax. Because of its no-nonsense attitude towards drugs and alcohol abuse, Sweden, with a population of only 8.2 million, incarcerates as many people as Canada.

One third of Swedes serving prison sentences are there for impaired driving. Drug offenders are swelling the numbers, since even possession of small amounts of drugs (usually winked at in North America) is taken seriously by the Swedish courts and police.

Yet, once sentenced, the Swedish inmates will find no bars or armed guards and only token fences. "Feeling that weapons only serve to increase violence in prison, the guards have refused to arm themselves," says Amilon.

He also stresses the importance of activity -- of keeping inmates both working and learning. Great emphasis is placed on home visiting permits, on conjugal rights and on other programs designed to keep inmates in close touch with the outside world. To help bridge the gap, extensive use is made of the 10,000 volunteers who work in the system.

Prison villages are a novel feature of Swedish penology. Inmates serving longer sentences and engaged in full - time work programs live in small penal villages of about 20 cottages. Resembling ordinary hamlets, they have social facilities where inmates can relax after hours much as they would in any other community.

Security is minimal since the Swedes feel that people who work a full day should be afforded the same living conditions as employees on the outside. Of course, the offender's family may visit him at the village, the length of the stay being at the discretion of the administration.

Are such small institutions and prison villages cost effective?

"Probably not", admits Amilon, "but the small local institution, with as little security as possible, forms the core of the Swedish penal philosophy. We feel it is the best way to promote rehabilitation".

Dear Son:

Just a few lines to let you know I'm still alive. I am writing this letter slowly because I know that you can't read fast. You won't know the house when you come home....we've moved.

It was a lot of trouble moving, the most difficult part was the bed. You see the man wouldn't let us take it in the taxi. It wouldn't have been too bad if your father hadn't been sleeping in it at the time.

About your father.....he has a lovely new job. He has 500 people under him. He's cutting grass in the cemetery.

Your sister got herself engaged to that fellow that she's been going out with. He gave her a beautiful ring with three stones missing.

Our neighbours the Browns started to keep pigs. We got wind of it this morning. I got my appendix out and the dishwasher put in.

There was a washing machine in the new house when we moved in.....but it isn't working too good. Last week I put 4 shirts into it and pulled the chain and haven't seen the shirts since.

Your little brother came home from school crying....all the boys in his school have new suits. We can't afford to buy him a new suit, but we're going to buy him a new hat and let him look out the window.

Your sister had a baby this morning. I haven't heard if it's a boy or a girl so I don't know whether you are an aunt or uncle.

Your uncle Dick was drowned last week in a vat of whiskey in the Dublin brewery. Four of his mates dived in to save him but he fought them bravely off. We cremated his body and it took 3 days to put out the fire.

Kate is now working at a factory in Birmingham. Has been there for 6 weeks. I am sending her some clean underwear as she says she's in the same shift since she started.

Your father didn't have too much to drink at Christmas. I put a bottle of castor oil in his pint of beer. It kept him going till New Year's day.

It only rained twice last week. First for three days and then for four.

Monday was so windy that one of our chickens laid the same egg four times.

I must close, because the plumber is coming here to repair the pipes and there's a shocking smell.

Your loving mother, Lorraine Flewelling.

P.S. I was going to send you \$10.00 but I already sealed the envelope.

P.P.S. I sent you a coat by express. I cut off the buttons to make it lighter so if you want the buttons, they're in the pocket.

P

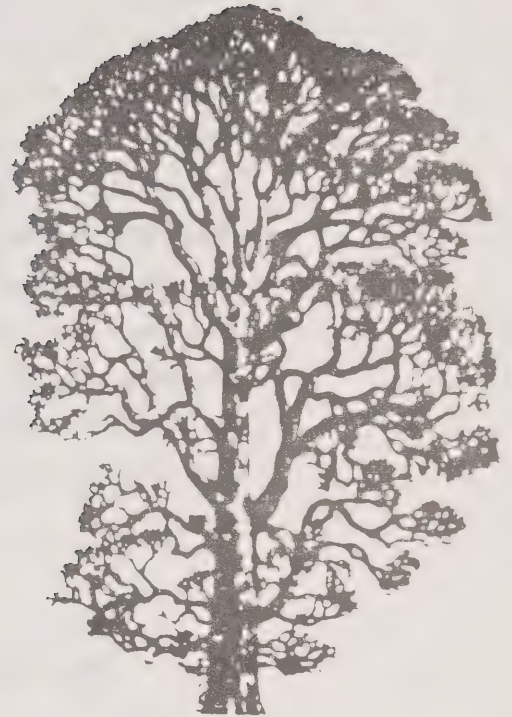
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Y



'MUSIC MAKER'

Music maker sing me your song
Tell me everything is alright
Sing to me about all good things in life
Comfort me in my time of despair
Let me listen to your words of love
Take me on that magical tour
And brighten up my days
For when I close my eyes, in my mind
Are memories of what I lost
So sing to me Music Maker
And take me away from reality.

a.o.

'PICTURES'

Open up my photo album today
To look at the pictures of you
Thought it weird I didn't feel anything
Then what the fuck am I supposed to feel
From little pieces of paper.

a.o.

'MAYBE'

Do you realize how close we've become
And yet how far apart we are
We put down our thoughts to each other
On small pieces of paper
With pen in hand our thoughts reach out
Hoping one day to touch one another
Only then will we know how close we are
But with each piece of paper
Our feelings grow stronger
And the day we get together
could very well last forever.

a.o.

'DIAMONDS AND GOLD'

Give me only diamonds and gold
Don't want your love
Declared myself twice before
Got left out in the cold
Love is just a game for fools
And nobody ever wins
Fortunate is he who breaks even
But a gambler I am no more
Tossed that deadly dice two times
Only to crap out twice
Now all I want are diamonds and gold
Always pretty, never unfaithful
So keep that thing you call love
And I'll keep my wealth and sanity.

a.o.

'ALONE'

Sitting here all alone
I wonder where you are
I see your face....In my mind
And memories come alive
Shadows moving on my walls
Remind me of our dance of love
Slowly moving close together
Gently caressing one another
Seems like only yesterday
When we pledged our love
And declared ourselves to one another
And I guess it was only yesterday
Because yesterday is gone never to return.

a.o.

'ANOTHER DREAM'

In the stillness of the mornings gray dawn
Peeping thru' the window
I awake from another night
Of tossing and turning
Tangled in the blankets
I free myself from the warmth
Of last nights dream.

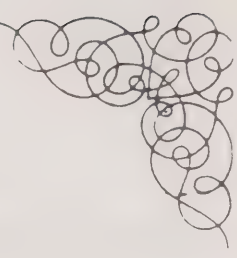
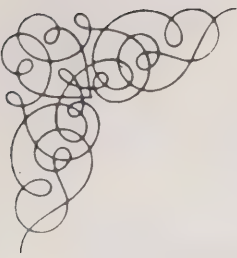
Looking around me sleepily
Afraid to move myself
The four walls close in on me
I close my eye's
Quietly realizing
I am still here.

It was just another dream
Of so many dreams to come
Dreaming that I am not in jail
Dreaming that I am there with you
Dreaming anything that would
Take me away from here.

LISE ANASKIN.
(Kingston Womens Pen)

You never said you'd wait for me.
You didn't lay that tired line of
Bullshit on me.
Like all the others before you did.
I must respect you for that.
You just said, "I'll see you when you get out."
Well kid, you got that right.
You are gonna see me when I get out
---and so is that stiff you're with.
See ya.

BRAD OLSON.



Heroin Heroin as white as snow
You dirty bastard you've hooked my soul.
A soul lost & with little hope
Fallen prey to your blinding jolt
A jolt of bliss you dare not miss
For fear of ugly reality and a society fist.
A fist for us to crack
but first the monkey on the back.
A back to square one, to start
The old rum of lost soul and little hope.
Add this up means no hope,
Then kick this bastard blinding jolt.

ANONYMOUS.

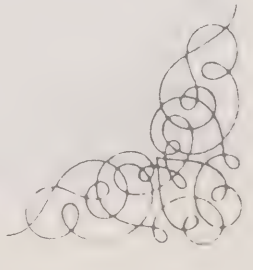
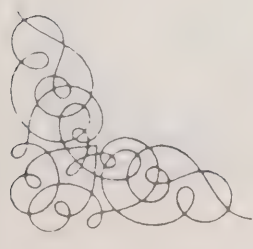
Someone once said, "Live fast and die young,"
Well I've lived fast and I ain't dead yet.
And I'm here to tell ya the song ain't been sung
That'll ever make this convicts eyes wet.

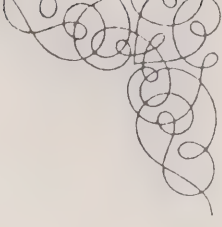
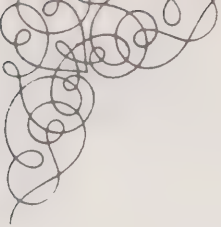
You call me hardcore and you're goddamn right
Cause I'll never fit into your mold
I'll never say, "Yes sir." I won't be polite.
Don't care if I never grow old.

You burocrat bastards are having your day
But my day is coming around,
And when that day comes you're all gonna pay
And I'll laugh when you're all in the ground.

But until my turn comes I'll laugh at the pain
And all that you're putting me through,
And my personal creed will always remain:
"I'm gonna be me - F___ U."

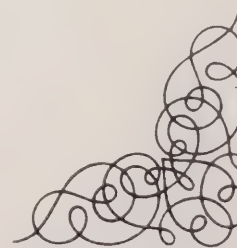
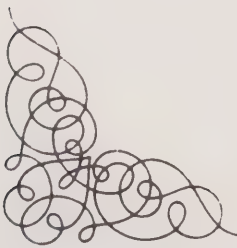
ANONYMOUS.





When young & of little sense
I stole what was loose & sold 2 a fence.
He'd give good money which made me willing,
At least I thought I was making a killing.
Till very late & a fatal date
I made my final costly mistake.
Though not my first,
By far the worst.
I stepped to high
And knew not why,
Was it need
Or greed.
Now the years have taken there toll
With graying hair & wrinkeling skin,
I only wish I could re-begin.
But hope for many this tale shall tell
And save them the burden of living hell.
A tale of hell is hard 2 sell.
But live through it & you'll know very well.
For those who can tell of the scarred
Remains of bound repression & ugly pain.
Pain of memories & unrealistic scenes the
Mind has photographed forever 2 remain.
Chalked unseen by other minds,
Only wishing theirs were mine.
So we wear the burden of hell alone,
For 2 tell the tale is 2 no avail.
Some pay the price & handle it well.
Hopefully you'll listen & save me this sell,
For hells rules you'll do swell,
There easy to follow,
Just be a fool & get in line,
You'll likely make it real fine.

ANONYMOUS.



Training Principles for Long Distance Running-Part 11

by

Chico Melendez and Ron Leger

How you prepare to run, jog or walk any distance may vary greatly from the regimen of another depending on individual goals. You may simply try to run a specific distance non-stop; another may attempt to run a personal best ("PB"), improving on his previous best time; and some crazies may run to win a bet.

In any event, your reason for running is obviously going to determine how you prepare or train. Training, then, can mean different things to different people. Here, however training is discussed in terms of activity which is geared specifically towards improving your performance capabilities - to quite literally change your body - to make you a new person.

Such transformation is possible due to the body's amazing ability to adapt to changes in its environment in its efforts to survive. As an example, the body produces antibodies to ward off harmful bacteria and for protection against future attacks.

So, the body attempts to and is often quite capable of adapting to various stresses; however, it is by no means infallible and should the stresses exceed the adaptive capacity then distress results. To carry the above example further, a bacteria invasion may cause sickness if the body can't produce enough antibodies.

It is the adaptive nature of the body that training capitalizes on. Training purposely subjects the body to various levels of stress in such a way so as to encourage adaptive responses in the ingredients which determine running performance. Although there are several of these ingredients (physiological and psychological), they can generally be grouped as follows:

1. Muscular Endurance - the ability to run for relatively long periods of time.
2. Aerobic Capacity - the ability to supply the "running" muscles with oxygen.
3. Anerobic Capacity - the ability to continue running despite the fact that the body is unable to supply the muscles with enough oxygen to perform the activity.

Since each of these ingredients contributes to performance, your objective should, quite naturally, be to improve each as much as possible. But before discussing how each of these aspects of your fitness can be improved, it is important that you are acquainted with the following basic principles of training:

1. To initiate physiological or psychological changes, the body must be challenged or subjected to a level of stress.
2. This level of stress must be of a certain minimum level, (i.e. training threshold) in order to induce adaptive changes; if it isn't, no changes will occur.
3. The level of stress chosen to challenge the body should not be so great that it surpasses the body's adaptive capabilities, (too much-too soon) leading to distress in the form of injuries.
4. Assuming the level of stress is sufficient to induce changes, once these changes have occurred the training threshold also changes. Hence, in order for there to be any further changes a new level of stress is required. If the level of stress is kept constant, performances rises.
5. If the body has adapted to a certain level of stress and the stress is then reduced, the body reverses the changes and performance deteriorates.

Consider an example which illustrates how these principles work. A person beginning training may have a resting heart rate of 75 beats per minute. If he begins to jog for twenty minutes, 3 days a week, at a pace of $8\frac{1}{2}$ minutes a mile and continues this running for 3 weeks, the resting heart rate may be reduced to 70 beats per minute. Such a response or adaptive change indicates an increase in aerobic capacity. However, if the same program is continued the reduction will eventually cease. To make any further improvements in aerobic capacity, the individual will have to increase the level of stress (e.g. increase the pace to $7\frac{1}{2}$ minutes a mile). But if the pace is increased too much

(e.g. 7 minutes a mile) he may develop shin splints or tendonitis, necessitating a reduction or total cessation of the workload, with the result that the resting heart rate will increase.

All of this may seem quite straightforward and a matter of common sense; however, many people fail to effectively apply these principles. It's easy to decide to **train and** be sincere and regular in your efforts; but it becomes very tricky to properly choose the levels of stress and to allow sufficient time at each level for the body to fully adapt before proceeding to the next level. How do you know which level of stress to choose and when adaption has occurred, allowing you to increase the level further?

Unfortunately there is no perfect rule of thumb in choosing the level of stress, since each person is unique, having his own degree of fitness, degree and rate of adaptation, and ultimate potential. Hence, it is impossible to set down exact numbers. For these reasons, a trial with, hopefully, a **minimum of error** approach is recommended. In other words, it is recommended that you should increase from the current level (which may be a completely sedentary lifestyle for the novice; or 70 miles a week for the "veteran") cautiously to a slightly higher level. You then hold it there until adaption has taken place, at which point the process can begin again with another cautious increase. You may find that after increasing the stress level that adaption is not occurring because of distress, in which case you should immediately decrease the level to one the body can handle. So you challenge, check your response and increase or decrease accordingly.

The next question is how do you recognize when you've successfully adapted and **are** ready for a new challenge. Again, nothing is certain, but if all of the following criteria are satisfied, your chances of success are great:

1. You are able to complete your workouts, having some energy to spare. You should, generally speaking, at the workout's completion, feel as though you could do more.
2. You are fully recovered from your last workout before your next one; there is no muscle soreness, tightness or unusual fatigue.
3. Your general health is good. Your appetite and sleep patterns are normal. You have no illness (e.g. cold, flu) or any body soreness (e.g. tendons, joints, muscles) whatsoever.
4. You are eager to increase the workload (indicating psychological adaption).
5. Your performances stop improving.
6. You have been at one level for a reasonable period of time. The rationale **for** this criteria is that the effects of stress can accumulate over time, and although the previous criteria may apparently be satisfied, it may actually be that distress is present but just hasn't manifested itself. For example, you may have been averaging 50 miles a week for 4 weeks and everything is fine; then out of the blue you develop painful tendonitis (inflammation) in your achilles tendon—something which was developing unseen and suddenly manifests itself. This sort of thing is very common. It is very easy to be lured into a false sense of security before such a problem strikes, so this criteria must always be kept in mind. Therefore, when judging whether it has been a reasonable period of time, it's far better to err on the cautious side.

It is important to know when to increase the training workload in order to achieve improvement and avoid problems; however, it is also very important to incorporate different kinds of running to ensure that the basic ingredients mentioned earlier are trained to their optimum. The reason for this is that each ingredient has its own particular training threshold; so, although one form of running may induce a change to one ingredient, the type of stress may not be sufficient to affect another. For instance, it is possible to have tremendous muscular endurance and relatively poor aerobic and anaerobic capacities. The types of running or stress required to train the three basic ingredients are described as follows:

1. Muscular Endurance

Here the important aspect is the amount of time you can run without stopping. You may have read or heard about "Long Slow Distance" as a method of training. This approach consists of running continuously at a pace which is quite comfortable, for long periods of time. An example being if you can comfortably hold a conversation while running, your pace is adequate. The emphasis then is the volume of running you do rather than the speed at which it is done. Your objective is to adapt the muscles, tendons, joints - all the structural parts - to be able to continue the activity.

It is very easy to recognize if you're training this aspect. When you first begin to train, your leg muscles may start to get sore after only 2 miles, despite the fact your breathing is quite comfortable. As adaption occurs, such signs of fatigue will not appear until you have gone considerably further.

2. Aerobic Capacity

Whereas muscular endurance may be likened to the parts of the car, aerobic capacity refers to the fuel system - the heart, lungs, and blood work towards supplying the running muscles with oxygen. To train this cardiorespiratory system, it is important that the running is of a certain intensity; the amount or volume of running is of secondary importance here.

An indicator of running intensity is the heart rate. Let's assume your resting heart rate is 50 beats per minute. If you run at a pace which your heart rate only rises to 100, you may increase your muscular endurance but very little will be done for your aerobic capacity.

Therefore, you will want to incorporate some faster running, two to three times a week. This pace doesn't have to be torrid, but it should be of a degree which prevents you from breathing comfortably. Such running may consist of non-stop runs at a fairly constant pace, or sessions which are broken up into periods of slower running mixed with faster, referred to as "fartlek". Your body can tell you which you are most suited to.

It is a good idea to become adept at taking your pulse so as to ensure that you're hitting the heart rate target zone. A pace which causes your heart rate to increase to 130 beats per minute in the beginning may induce a training effect. Once this occurs, however, the same pace may only result in a heart rate of 110 beats per minute indicating that the body has adapted to the stress and a greater level is then required for further improvement.

3. Aerobic Capacity

As you run at speeds close to your running maximum, eventually the cardiorespiratory system will be unable to supply the working muscles with enough oxygen to perform the work. Thus other sources of energy which do not require oxygen are called into action. The by product of such activity is lactic acid. The greater the amount of lactic acid in the blood, the greater the feeling of fatigue. In terms of heart rate, some aerobic work may occur around 150-160 beats per minute. When running a 2 or 5 mile run as fast as possible, your heart rate is close to its maximum, so you can appreciate that it is to your advantage to train your aerobic capacity.

Again, pace is important - and it means training at speeds close to your maximum. Such training is strenuous both mentally and physically and generally is emphasized in the few weeks just prior to a race. Any running which causes

the heart rate to increase to its maximum is what is prescribed, but it should consist of longer runs (800 meters or more) as well as shorter runs, both of which may be repeated several times in a training session. Again, it's good if you can use your heart rate to insure you're at the necessary intensity. In any event, when choosing the level of this form of stress, use extreme caution.

The purpose of this discussion has been to familiarize you with the basics of training. Hopefully the material presented will assist you in designing an effective training program, however, running injury free requires much more than the afore mentioned recommendations. Warm-up, Warm-down and stretching exercises are all very important aspects to proper training technique. Be definite in your program before you begin. Best of luck.



"You know what I miss on a day like this? Running down the street, the wind in my hair, the sun behind me and the cry of 'Stop, thief!' echoing in my ears."

February, 1980

By: Neil MacDonald, Staff Writer

LOVE AND THE LONELY PRISONER

Kingston,

Debbie grins sarcastically when asked if she would apply for conjugal visits should they ever be offered to the inmates of the Kingston Prison for Women.

The slight blonde is serving the third year of a 25 year term for murdering her husband, and besides, she already has plenty of conjugal visits with her new girlfriend on the inside.

Larry Sauve grins at the question, too, but there's something other than sarcasm in his eyes.

He figures an advertisement in a Montreal newspaper would bring some quick response from some women willing to spend a weekend with him at Millhaven penitentiary, where he is serving time for crimes of violence.

The idea is to spend two to three days with a family member - usually a wife. The time would be spent inside a trailer at the prison with all the comforts of home.

WITHOUT INTERRUPTIONS.

The privilege would be extended to more dangerous inmates, since most low-risk convicts can now obtain temporary passes outside the gate.

And although the authorities stress the word "family" in describing the visits, most inmates see only one carrot dangling in front of their noses - sex. They see a glorious weekend spent with a woman or man in a trailer, uninterrupted by nosey guards or the violence that usually surrounds them, and filled with the tenderness they haven't seen for years.

A number of inmates at Millhaven interviewed recently claimed they wanted family love as much as physical satisfaction although several at the Prison for Women said they were only interested in sex.

But all agreed on one point. The penitentiary service will have riots on their hands if only married or long term inmates are allowed access to the promised trailers.

"It would be a good way to get someone killed," said Millhaven inmate Bryan Reynolds, serving a life term for second degree murder. "In here, either everyone is eligible for something or no one is. And they'd better not decide to do nothing after waving it in our faces this long."

"It would just cause too much tension," said an inmate at the Women's Prison. "We'd be at each other's throats. Everyone would have to be able to apply."

Which of course, brings up a problem for which Yeomans and his staff have no solution yet - where to draw the line.

"Do we restricts conjugal visits to married men and their spouses, or do we accept common-law relationships, or girlfriends, or anyone at all, or even homosexual partners?" asks Yeomans.

UP TO PUBLIC OPINION

The answer is political.

"Any minister of the Crown is extremely sensitive to public opinion," he said, "And that is what we are trying to test. Public opinion will contribute largely to the decision in March as to whether we institute the visits or not."

Yeomans, long a proponent of conjugal visiting, has set up a task force to investigate the matter and test public reaction. So far, there has been little.

He says it will reduce tension and violence in the prison, and cut down on "predatory homosexuality".

Reminded that correctional officials don't usually seek out public opinion on administration problems, Yeomans said: "This is a particularly sensitive issue -- the Canadian Government could be accused of harbouring prostitution if it isn't approached cautiously."

What if the visitor changes her mind about the "conjugal aspect" of the visit at the last second and is raped?"

What if the inmate cannot handle the encounter and takes his visitor hostage, or commits murder?

What if the wife does not want to see her husband, and sees his imprisonment as the ticket to raising her children without interference from the dangerous man she married?

Will the correctional authorities be accused of "mollycoddling" the most dangerous men and women in the country?

At the women's prison, most of those problems fade. Little if any predatory homosexuality exists, many of the women have no husbands or have killed them -- 20 per cent have murdered their spouses, officials say -- and those who are attached are thousands of miles from their men.

Others are married to men authorities are actively encouraging them to divorce.

A number of female inmates interviewed agreed with warden Doug Chinnery that there would be no real clamour for the visits if they were offered.

"I wouldn't want my family to see me here, and I would never let my daughter visit." said a woman who would only identify herself as Lucy. "But I have a common-law, and sure, I'd spend a weekend in a trailer with him."

"Damn right I'd take a visit like that, if I could find someone to spend it with me," said another woman. "My old man's dead, but what the hell -- we could look through the local telephone book."

Asked if she wouldn't feel like the center of attraction in a circus, since anyone in the prison would be able to see the trailer, she replied, "I'd yell 'suckers' over my shoulder at everyone as I walked over to it."

"If I ever had to stay in a trailer with my old man for a weekend, I'd have no teeth left," commented another, who made it clear she had found a partner within the prison walls. "Most of us have no one. This place ruins any relationship."

At Millhaven, the situation is a pressure cooker, as a number of penitentiary officials believe the problem simply has no solution under the existing system.

Inmates are pressing hard for the visits, and have decided four trailers would be a nice number -- a frequency of one visit every two months or so.

SOME STAFF HAVE DOUBTS

Yeomans' underlings in the penitentiary service are dutifully echoing his sentiments officially, but one grizzled ex-warden and long-time alumni of the old Kingston Pen shakes his head at the idea.

"Just think of the mess it will create," he sighs, "I honestly believe it will cause more problems than anything."

"There is predatory homosexuality, granted. But what is conjugal visiting going to do to solve that? If the predator is a confirmed homosexual, he won't want any conjugal visiting, and if he's bi-sexual, he'll just keep on doing both."

"I'm not against homosexuality -- I've come to terms with it through necessity -- but there is one big difference between a close relationship based on need and throwing a blanket over some kid's head and raping him."

"There's only one solution for bastards like that -- lock them up and forget about them."

Recent years, he said, have brought the long-term inmate into constant contact with society -- something he believes many inmates cannot handle.

"How are they supposed to function without going crazy when there's a constant reminder of what he's missing? What if the guy can't stand going back and goes off the deep end?"

"Or what if a guy who hasn't had to be near a woman in seven years gets into a trailer and then can't perform (sexually)? What if he just can't handle it? A lot of these guys are socially retarded -- they don't know how to deal with women and it has to be a gradual process."

SURVEILLANCE A PROBLEM

Millhaven warden Hank Neufeld stresses that conjugal visit would be a purely humanitarian gesture, not a means of solving any existing problems.

"It would help the guy serving 25 years to survive -- that's a mighty long sentence." he said recently. "Surveillance would have to be minimized, or there would be no point in it. I'd say a check would have to be done no more than every eight hours."

For nearly a year now, Millhaven has had "open visiting", where inmates and visitors can hold hands, embrace, or just talk while seated at tables in what looks like a small cafeteria.

Open visits are a privilege, and anyone carrying an embrace too far can end up looking at his wife through plexiglass and talking over a telephone.

Inmate John Sarkany has been at Milljaven one month, with no hope of leaving before April, 1982.

Early this week, sitting in the open visiting room with his wife Barbara, he said the experience is indeed frustrating.

"Sure, it's hard to take, but it's better than sitting in your cell just thinking about it. isn't it?"

Sarkany is all in favour of conjugal visits, but agrees that tension could erupt into violence if only married men like himself were allowed visits.

"I've seen a lot of people lose their old ladies from previous bits (jail terms) , he said, " I don;t want to."

TRYING DIPLOMATS AS SPIES

by

B. von Lindberg & O.Brien

Iranian officials are saying once again that some of the 53 American hostages may yet be tried as "spies." The renewed threat comes in the aftermath of the U.S.'s aborted rescue mission. If Iran were to stage "spy" trials, it would certainly create dangerous levels of frustration and outrage in the United States. Aside from it being a time of national election campaigning, Americans are very much aware of the fact that more than half a year has passed since the storming of their embassy and the seizing of the American hostages by Iranian students in November. Any real effort by Iran to try the diplomats as "spies" would place President Carter under strong pressure to take military action.

The idea of putting diplomats on trial as spies has been widely reported in the Western press as illegal, uncivilized and even "unprecedented." For example, shortly after the embassy takeover, an American reporter for Time magazine asked Khomeini about the possibility of threatened spy trials. "Aren't you aware that it is the function of all diplomats to gather information about the country they are in, and this is considered legitimate? When there is evidence of espionage against diplomats, they are simply deported not tried by the host country" (Time, Jan. 7 1980).

Such was not always the case. Journalists and Western officials seem unaware of an American historical precedent set three decades ago for trying diplomats as spies. It occurred in the late Forties -- the Cold War era. At the time the United States was not above arresting and trying a Soviet diplomat on espionage charges when it served its purpose. Let's refresh our memory of that era.

In late 1949, the leaders of the U.S., Canada, and the United Kingdom announced that the Soviets had exploded their first atomic bomb. Despite Western scientists' predictions that this was bound to happen, the news came as a tremendous shock to the average citizen. Banner headlines and political opportunists created a minor panic by claiming that America's atomic bomb "secrets" had been stolen and given to the Soviets. Within twelve months of President Truman's disclosure that Russia had the bomb, Judith Coplon and Valentin Gubitchev were tried and found guilty, Senator Joe McCarthy rose to prominence, the Rosenbergs were arrested, and Alger Hiss was convicted of perjury.

It is the Judith Coplon - Gubitchev case which is of interest. Valentin Gubitchev was a Soviet diplomat. On March 4, 1949, he and Miss Coplon were arrested as Communist espionage agents. The center of one of the major news stories of 1949, Judith Coplon was reported as having stolen secret government documents and brought them to Gubitchev in a clandestine meeting. At the time, Miss Coplon was 27 years old.

At the Washington, D.C. trial -- America's first "Russian spy" case -- Miss Coplon claimed that her duties in the Dept. of Justice required her to have the documents. The case centered on her "intentions" as the U.S. prosecutors offered no evidence that Coplon transmitted any documents to Gubitchev. The American government insisted she had unlawful possession of the classified documents; she maintained the opposite.

A year later, after extensive testimony, on March 6 1950 in the midst of jury deliberations, the foreman asked the judge if his mimeographed copy of the indictment was correct. It described Miss Coplon as " unlawfully " having possession of government documents. The trial judge checked his original copy of the indictment on file and replied that the word should be " lawfully. " That is what the original copy read.

The judge attempted to minimize the error as merely typographical but lawyers for the accused claimed that the mistake had totally confused the jury. But the judge rejected the defence motions and the jury returned its verdict. As author W.A. Reuben states in The Atom Spy Hoax, " How thoroughly confused they were may be seen from the fact that on Count Two the jury found Miss Coplon innocent of attempting to pass documents to anyone, while on Count Four -- which set forth the identical facts except that Gubitchev's name was included - they found him guilty of attempting to receive documents from her ". Diplomat Gubitchev's lawyer asked that the verdict be set aside because it was inconsistent and contradictory.

And what of the American's present claim that diplomats are deported rather than put on trial? Throughout the legal proceedings in 1949 and 1950, Valentin Gubitchev maintained that the trial was illegal because he was a Soviet diplomat, as indicated by his diplomatic entrance visa. He stated at the end of his trial, "It is clear that my arrest and subsequent trial against me, a diplomat, possessing diplomatic immunity, constitutes a violation of generally acknowledged rules of international law and of the national laws of the United States itself." Seeming to bear out Gubitchev's contention, the American prosecutor requested the suspension of any sentence of imprisonment imposed on the diplomat provided that Gubitchev departed from the U.S. immediately.

The conviction in Washington, D.C. of Judith Coplon was followed by her subsequent conviction in New York with Gubitchev. These convictions were taken by most citizens in the West as proof that "atom spies" were real. Less widely known was the fact that several years later, higher courts set aside both her Washington and New York convictions as being illegal. According to Reuben's The Atom Spy Hoax, "there was no substance to any of the headline impressions that were created The Washington conviction was invalidated because of wholesale illegal activities on the part of the FBI, and the conviction in the New York trial..was reversed..because it was held that she had been arrested unlawfully."

Soviet diplomat Valentin Gubitchev was deported to the U.S.S.R. after his conviction.

KILLING WITH KINDNESS

'the genteel notion of using drugs could give the death penalty a real shot in the arm

opinion By **SCOTT CHRISTIANSON**



The adoption by at least three states and the serious study by several more of a new method of execution could signal the start of a "death march" in this country the likes of which Americans have never seen.

In 1977, Oklahoma became the first state to institute lethal injection as the prescribed form of official killing. Texas enacted a similar statute the next day, followed by Idaho in 1978. So-called needle bills have been introduced in Florida, South Carolina, Washington and Nevada.

Oklahoma's measure provides for a dual administration of drugs—one to render the prisoner unconscious, the second to kill him when (theoretically) he is unable to feel any pain. The Texas version simply calls for a condemned person to be injected with a lethal dose of an "ultrashort-acting barbiturate," for which prison officials have selected sodium thiopental, the so-called truth serum. Proponents hail it as the quickest, most cost-effective means of destruction yet devised. "I hesitate to use the word pleasant," explains one supporter, "but it would be just like going in, lying down and going to sleep." Witnesses no longer would have to endure the grisly spectacle of roasting flesh, bulging eyeballs or squinting blood. The executioner can wear a white coat.

This gimmick comes at a time when the polls show public support for capital punishment to be about as strong as Nixon's margin was in 1972, and Nixon's Supreme Court has held that, on second thought, "the punishment of death does not invariably violate the Constitution." Although only one court-ordered execution has been conducted in the U.S. since 1967, the prospective customers are lining up on death rows around the country—161 at last count.

Like its predecessors—the guillotine, firing squad, electric chair and gas chamber—the latest innovation is being promoted on "humanitarian" grounds as the best that modern science can offer for the rapid extinguishment of human life. The chilling prospect is that this supposed humaneness may make executions easier to pronounce, administer and rationalize, while failing to quench the underlying thirst for bloody revenge that the High Court itself conceded is "an expression of society's moral outrage at particularly offensive conduct." Meanwhile, criminologists warn that society, like a child with a new toy, often tends to use a new execution method with extraordinary frequency until the novelty wears off. Now that drugs are involved, official killing might, indeed, prove addictive.

The legal and physiological and psychological details of lethal injection remain shrouded in mystery. Once the exclusive tool of hit men, Nazis, spies and hospitals, court-ordered needle killings were not publicly suggested here until 1973, when Ronald Reagan remarked:

"Being a former farmer and horse raiser, I know what it's like to try to eliminate an injured horse by shooting him. Now you call the veterinarian and the vet gives it a shot and the horse goes to sleep—that's it. I myself have wondered if maybe this isn't part of our problem [with capital punishment] and if maybe we should review and see if there aren't even more humane methods now—the simple

shot or tranquilizer. I think there should be more study on this to find out, is there a more humane way, can we still improve our humanity?"

Intravenous injection of various drugs in fatal dosage was studied during the Forties and Fifties by the British Royal Commission on Capital Punishment and rejected after the British Medical Association concluded:

"No medical practitioner should be asked to take part in bringing about the death of a convicted murderer. The association would be most strongly opposed to any proposal to introduce . . . a method of execution that would require the services of a medical practitioner, either in carrying out the actual process of killing or in instructing others in the technique of the process."

Lacking such a stand by the American Medical Association, U.S. critics nevertheless insist that successful (nonexcruciating, to use the British term) intravenous injection of a poisonous substance would require the services of medically trained personnel, all of whom are barred from complicity by codes of professional conduct. But so far, the courts remain unconvinced.

Most opponents are against any method of execution; they simply reject the idea of killing people who killed people to show that killing people is wrong. But the sudden introduction of a "mercy quotient" into the debate has thrown some liberals into a quandary: Should they base their arguments upon their opposition to the death penalty per se, or should they tailor their suits to fit the peculiar form of its latest manifestation?

By now it should be clear that mere moral assertions can no longer decide the debate over capital punishment. Rather, lethal injection and the rest must be combated not only because they are wrong but also because they perpetuate the very evils they're professed to correct. Every time an "improved" mode of execution is introduced, somebody invariably swears that it will kill faster and with less pain than its predecessor. Killing the old way is considered barbaric.

But to say that lethal injection would kill criminals quickly is all the more incredible, given the fact that government would do it. Governments rarely do anything quickly. Executions take months, usually years, to accomplish. Those light-years in prison make a death sentence the most protracted and hideous torture ever conceived, as well as the most irreversible and final.

It is also the most expensive. All the trials, appeals, stays, petitions, special housing requirements and elaborate ceremonies that would necessarily precede a lethal injection would cost more than a lifetime in Attica or Acapulco.

In the end, lethal injection is no different from boiling in oil or burning at the stake. It is no less immune from informed contempt, no less wasteful. No cheaper. No more humane. And no more just. It is poison.

Scott Christianson is a veteran writer on crime and law, a contributing editor to the "Criminal Law Bulletin" and presently a doctoral candidate in the School of Criminal Justice at the State University of New York.

34 Ways To Play A Losers Game

Crime is a LOSER'S GAME for most, and just the appellation of the word 'criminal' to you may well cause your family and friends untold anguish. Starting with the lead-in of arrest and into jail, then eventual plea-bargaining or trial, it's all downhill.

Errant individuals convicted of felonies and ticketed for prison ought to know that the following list of unpleasanties await them behind tall massive penitentiary walls.

1. First of all, expect to be stranded in prison for awhile, and maybe for many long, trying, lonesome years.
2. If you must be in prison for over three years, expect to lose contact with some or all of your family and former friends.
3. Don't expect anyone to agree with "your notion" of justice, nor will some miracle come along that will instantaneously affect your release.
4. Don't expect to soon if ever win a reversal from any higher court on appeal. The vast majority of imprisoned persons lose their appeals consistently.
5. There will be absolutely no privacy, and you can expect to do "hard time" in a hostile environment.
6. Don't expect the twisted circumstances of imprisonment in themselves to improve anyone's character or disposition. Since association is forced and limited by the very nature of the prison situation, some of your companions will oscillate between explosive bad temper and being boisterously annoying. Others will be unapproachably withdrawn to the point of being totally uncommunicative.
7. In prison you have been thrust into an abnormal twilight zone where neurosis, psychosis, and paranoia reign supreme. You are to be pitied if you need or expect any meaningful psychiatric help. Prison personnel won't take any special interest in you or your problems.
8. Expect no compassion, love, or sympathy from your fellow prisoners or from your keepers.
9. There will undoubtedly be over-crowding, continuous backbiting, and endless gossip out of which all kinds of wild rumors will come. What little fact and truth that is circulated around in prison is unfortunately mangled by most prisoners.
10. Expect the 6 x 8 cell that will be your home to be filthy. Your bed, graced with a dirty mattress, will be ancient, and one or more of your fixtures, electricity (light) sink or toilet, may not work.
11. You will wear prison issued ill-fitted perma-wrinkle clothing that will always be in short supply. The scuffed shoes you will be given may have been worn by ten men before you.
12. Every door (and there are many) will be securely locked, and the food will be terrible.
13. There is continual confusion in prison, loud discordant noises from morning to night, and often vermin -- mice, rats, flies, mosquitoes, roaches and an abundance of other sundry insects.
14. There will be an interminable wait for anything and everything, and your incoming mail will be read before you get it no matter official claims to the contrary. Everyone in authority, administrators and guards, habitually lie to prisoners. Prisoners can also be expected to regularly lie.
15. Little respect, honor or integrity is to be found in prison, but discourtesy and dishonesty inclusive of petty theft are commonplace occurrences.
16. Every imprisoned individual will have his own unique sad tale to tell, and most prisoners will at least make a claim of "technical innocence".
17. There are hundreds of written and unwritten rules that attempt to govern your inprison behaviour, but don't expect any practical everyday guidance. There is no set criteria, specific steps or programs for making parole, and no logical or reasonable explanations are going to be given for anything.
18. Monotony, regimentation -- sameness -- will characterize your existence, so you may expect to experience the depths of frustration.
19. You will be hustled, jostled, and manipulated from every conceivable angle, and you can expect half of the prisoners you meet to be armed with some kind of crude weapon.

20. Whimsical transfers from one prison to another are frequent; and there will be little or no association with the opposite sex.
 21. Expect rampant homosexuality, guard and prisoner brutality (physical and psychological), vicious prison politics concentrated in the hands of a few concerned with the preservation of their own special privileges for the most part, and there will also be a plethora of non-political tight-knit cliques, none of which will welcome you.
 22. Without going out of your way in the least, you can count on violating one or more of the prison's many rules and regulations. A punishment of some sort will surely follow.
 23. Notes to the warden, counselors or other administrative personnel will be tersely answered in a condescending way in a matter of days -- if you're lucky.
 24. Where you perceive some unfairness or wrong and individually or collectively seek redress through petition via mail to any official in the Dept. of Correction in the state's capital, expect disappointment, a flat rejection of your allegations or contentions.
 25. You will hear guards and prisoners applying derogatory terms to all races and ethnic groups, there will be guard harassment, and in disputes between guard and prisoner, the prisoner invariably loses.
 26. You have no "rights" so don't delude yourself into thinking that you do.
 27. Forget about learning a trade or picking up a marketable skill. Jobs in prison, all of them lousy, are geared solely toward the maintenance of the prison system.
 28. There will be days when you won't be able to get certain essentials, toothpaste, toilet paper, razor blades, and/or whatever official forms you may need for various purposes.
 29. If you're fortunate, you will get two showers a week, but -- in an unsanitary area where the water will always be too cold or too hot, and more likely than not, you won't be supplied with a washcloth or towel.
 30. The sheets for your bed will often be torn or raggedy, and they will seldom match the size of your mattress.
 31. Bacterial and viral epidemics periodically plague prisons, so expect to catch whatever is going around.
 32. Don't expect the best in dental or medical care.
 33. Expect prison clergy to sanction by silence, official and unofficial prison policy no matter how inhumane.
 34. Don't be fooled into thinking that prison can be likened to a small harmonious community or society. There will be little or no unity of purpose, and your aims and goals probably won't coincide with those of anyone else.
- Always warped to a greater or lesser degree, things are never quite as they appear to be in prison -- but all to be seen or felt in penal institutions are variegated facets of bad situations impervious to improvement. If therefore, YOU would avoid a seared soul and hellish degradation, don't play with Crime's Fire.

The person who wrote this is presently incarcerated in the N.Y. state prison, and has been for many years. Many of these points may not relate to many of our institutions here in Canada, however, many of the points do. Ed.

From the Editor's Pen

Dear Readers;

My sincere apologies for taking so long to get this issue of Tarpaper to press. I have many excuses but then excuses are near cop-outs.

This will be my last edition as Editor for this magazine as I will be in Elbow Lake by the time you read this. Leaving this institution to a Minimum Camp is of course a big step for anyone & I welcome the thought & the reality of leaving. My only regret will be that during my stay here I have met a number of very interesting people & of course made many good friends who I will miss.

I have served on the past two Committees here at Matsqui & the last one as Chairman. I would like to thank all these members of the Committee & the people in the institution for all their help & support in trying to make this place a better place to live.

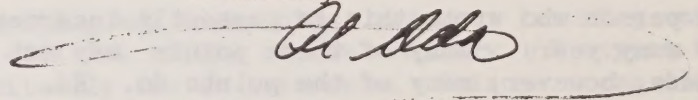
There are many aspects of prison life which the public are not aware of & I hope that one day soon people on the "Outside" will be able to relate to the prisoners on a much better basis. We are people, & we have the same interest in life as you the public. Because one person does something to harm another, don't take it for granted that all prisoners are the same. There are people here at Matsqui who have graduated from the University of Victoria program with B.A.'s, there are people taking all sorts of trades, people going to school to up grade their education. We all want to better our selves, & because one has made a mistake or two in life, don't judge us as being animals. We are human beings & the only difference is we got caught. Many of us will pursue jobs in various fields once we get released & the past will hopefully become a cobweb to be forgotten.

My sincere thanks to Jimmy White & Brad Savage for co-editing this issue for me. Thanks guys for your help.

I would like to thank you, our readers of this magazine for your interest & through your contributions to keep the paper happening.

Again, my apologies for such a long delay. Stay loose, happy, & good health & a long life.

Sincerely



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